



Cantaloupe Cooler

Makes: 8 servings

Cool down in the heat with this fruit cooler. Refreshing orange juice mixed with sweet cantaloupe creates the perfect, easy-to-make drink! You can even get creative and use any fruit you please!

Ingredients

- 1 cantaloupe (ripe)
- 2 1/2 cups orange juice (cold)
- 2 tablespoons sugar (granulated)
- ice (crushed)


Directions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange

Nutrition Information

| Nutrients | Amount |
|-----------------------------|------------|
| Calories | 74 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 13 mg |
| Total Carbohydrate | 18 g |
| Dietary Fiber | 1 g |
| Total Sugars | 15 g |
| Added Sugars included | 3 g |
| Protein | 1 g |
| Vitamin D | 0 IU |
| Calcium | 15 mg |
| Iron | 0 mg |
| Potassium | 323 mg |
| N/A - data is not available | |

MyPlate Food Groups

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|--|---------|
|  Fruits | 3/4 cup |
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juice and the sugar. Stir until sugar is dissolved.

4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Source: California Department of Health Services, Celebrate Health with a Lowfat FiestaCalifornia Project LEAN